

NIMHANS Centre for Well-Being opens the **SUBSTANCE ABUSE-FREE EXISTENCE (SAFE) CLINIC**

Our philosophy: Staying Substance Free - A Way of Living

We offer:

- Screening for substance use
- Medical services, including medication prescription to assist with quitting substance use
- Psychoeducation, e.g. Health effects, medical facts related to substance use, role of substance use in causing non-communicable diseases (e.g. diabetes, high blood pressure, heart disease, cancer)
- Help to individuals who wish to quit substance use
- Lifestyle modification: Stress management and coping skills, positive thinking, time management, problem solving, nutrition and sleep
- Support for individuals who have a substance user in the family
- Skill-building workshops (once in every 3 to 4 months)
- Training health professionals/volunteers in helping individuals overcome substance use.

Addictive substances refer to alcohol, tobacco, cannabis, opioids, sedatives, inhalants, stimulants, cocaine.

The use of addictive substances damages health, safety and life of individuals and families.

In the above context, the NIMHANS Center for Wellbeing opens the Substance Abuse-Free Existence (SAFE) Clinic on World Mental Health Day, 10th October 2019.

Day/time of our services:

Every Thursday, 2.00-4.30

Who can benefit from our Services?

- ◆ **Individuals who wish to quit/cut down on substance use**
- ◆ **Individuals seeking health information related to substance use - e.g. health impact, medical facts**
- ◆ **Parents with a child/teenager who may be using substances**
- ◆ **Individuals who wish to help others quit substance use**
- ◆ **Individuals dealing with a family member who uses substances**
- ◆ **Health professionals/volunteers desiring to equip themselves with the necessary skill to help others overcome substance use.**

Venue:

NIMHANS CENTRE FOR WELL-BEING(NCWB)
1/B, 9th Main, I stage, I Phase,
BTM Layout, Bengaluru - 560076

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